

HOLD HARMLESS/RELEASE AGREEMENT

I am fully aware that participating in a Heartwork event (the "Event") involves physical and emotional exertion and may contain risks of physical and psychological injury. Heartwork Institute has informed me of and I know, understand, and acknowledge the scope, nature, and extent of the risks involved in the program and activities contemplated by this Agreement.

I voluntarily and freely choose to participate in the Event and incur and assume any and all risks and dangers, including the risk of personal, physical, psychological or emotional injury, distress, or death. I agree to assume full responsibility for any and all physical, psychological, or emotional injuries I may incur during the course of the Event, and any pre- or post- Event, regardless of how such injury may arise and regardless of who is at fault, including Dale Goldstein, the Heartwork Institute, Inc. its agents, employees, or anyone working on behalf of the aforementioned.

Accordingly, in consideration of being allowed to participate in the Event, I as RELEASOR, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY AND HOLD HARMLESS Dale Goldstein, the Heartwork Institute, Inc., its officers, officials, agents, and/or employees, invitees, other participants, and if applicable, owners and lessors of premises used to conduct the Event ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, LIABILITY EXPENSE OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law, including without limitation, attorney fees and Court costs.

I expressly agree that this release and waiver agreement is intended to be as broad and as inclusive as permitted by the laws of the State of New York and that if any portion of the agreement is held invalid by a court of competent jurisdiction, such provision shall be deemed amended to the minimum extent required to make it enforceable and, in its reduced form, such provision shall then be enforceable and enforced and the balance of this agreement shall, notwithstanding, continue in full legal force and effect.

I further state that I have carefully read the foregoing release and know the contents of the release and sign this release as my own free act.

Although the Heartwork Institute, Inc. carries appropriate insurances, I realize that said insurance may not provide coverage, either medical or liability, for any incident occurring as a result of my participation in the Event or its associated activities, and if I want insurance at any time, I must furnish my own.

Dated _____

Signed _____

Printed Name _____

Thank you for your cooperation in this process. We look forward to seeing you at the Heartwork event.

Dale Goldstein, President
Heartwork Institute, Inc.